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U. S. DEPARTMENT OF AGRICULTURE  
OFFICE OF INFORMATION  
PRESS SERVICE



RELEASED FOR PUBLICATION  
DECEMBER 4, 1931 (FRIDAY)

WASHINGTON, D. C

THE MARKET BASKET

by

the Bureau of Home Economics,  
U.S. Department of Agriculture, and  
the Woman's Division of the  
President's Emergency Committee for  
Employment

:	:
: Every meal--Milk for children, bread for all.	:
: Every day---Cereal in porridge or pudding.	:
: Potatoes.	:
: Tomatoes (or oranges) for children.	:
: A green or yellow vegetable.	:
: A fruit or additional vegetable.	:
: Milk for all.	:
: Two to four times a week--	:
: Tomatoes for all.	:
: Dried beans, and peas, or peanuts.	:
: Eggs (especially for children).	:
: Lean meat, fish or poultry, and cheese.	:

\* \* \* \* \*

THE ECONOMICAL BEAN

Beans again. Yes, as the supply of fresh vegetables lessens with the changing season, and new crops of dried beans become available, the Bureau of Home Economics calls attention to this ancient, familiar, economical, and highly nutritious food which is especially dependable in hard times. When money is scarce and the housewife must cut food costs almost to the bone, the bureau advises dried beans and peas or peanuts two to four times a week.

Beans, like peas and peanuts, are the seeds of plants which belong to the legume family. Dried beans have some of the food value of whole wheat or nuts



because they contain much protein, iron, and even some fat; they have some of the food value of potatoes because of their starch, their minerals, and their vitamin B. With these food essentials they reinforce the limited diet.

There are many kinds of beans and they go by many names in different parts of the world. But whether they are called navy beans, pea beans, limas, lentils, pintos, frijoles of the Spanish countries, haricots of the French, all are concentrated food. Beans are plentiful even in years of drought, easy to preserve, easy to ship, easy to store; and when cooked they swell to a quantity two or three times their bulk. At present, in cities of the United States, they cost, in bulk, 3 or 4 cents to 14½ cents a pound, according to the variety of beans and local market conditions. In some places they may be cheaper. Many a family has grown and dried its own beans for the coming winter.

To use beans economically, the housewife must keep in mind two things, the bureau cautions. Beans require a long time to cook, and after cooking they will spoil unless kept cool and used fairly soon. With careful treatment, however, she can cook enough beans for three meals at one time and serve them in different ways. For example: Cook three times the quantity for one meal, boiling them in water (preferably soft water) with a ham bone or salt pork. For dinner on Monday, say, serve boiled beans in their liquor, which will be well-flavored with the pork. Keep the rest of the beans in a cool place but no longer than until Wednesday, then bake enough for dinner, seasoning, if desired, with molasses, a little mustard, and onion, or omitting the sweetening. The beans not baked for dinner on Wednesday should be heated thoroughly to the boiling point on that day (to prevent their spoiling), and set away in a cool place until the next day, when they can be used to make bean soup.

Other ways of serving beans-- Hopping John, chili con carne, beans cooked with tomato sauce, served in salads, or in sandwiches-- are suggested in the following recipes, together with a day's menu which shows what other foods to serve on bean day. This menu, the market list, and the recipes this week are for a family of 7, including 2 adults and 5 children.





# WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF SEVEN

including father, mother, and five children

Bread . . . . .	16 - 22 lbs.
Flour . . . . .	3 - 4 "
Cereal . . . . .	6 - 8 "
Whole fresh milk . . . . .	30 - 42 qts.
or	cans
Canned evaporated milk . . . . .	30 - 42 tall/
Potatoes . . . . .	20 - 30 lbs.
Dried beans, peas, peanut butter . . . . .	1 - 3 "
Tomatoes, fresh or canned, or citrus fruits . . . . .	9 "
Other vegetables (including some of green or yellow color) and inexpensive fruits . . . . .	20 - 25 "
Fats. such as lard, salt pork, bacon, margarine, butter, etc. . . . .	4 "
Sugar and molasses . . . . .	5 "
Lean meat, fish, cheese, eggs (8 eggs approximates 1 pound) . . . . .	7 - 10 "
Eggs (for children) . . . . .	8 eggs
Coffee . . . . .	1 lb.
Tea . . . . .	$\frac{1}{4}$ "

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## MENU FOR ONE DAY

### Breakfast

Cooked Cereal  
Toast  
Coffee(adults)-Milk (chidren)

### Dinner

Boston Baked Beans  
Whole Wheat Bread and Butter  
Cold Slaw

### Supper

Fried Mush and Molasses  
Milk for all  
Baked Apple

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## RECIPES

(Quantities to serve 7 persons)

### Boston Baked Beans

2 cups dried beans  
1/2 pound salt pork  
4 tablespoons molasses  
1 teaspoon mustard, if desired

1-1/2 teaspoons salt (depend-  
ing on saltiness of pork)  
Onion, if desired

Soak the beans overnight in cold water to cover. In the morning drain, add a quart of fresh water, simmer for 45 minutes, or until the beans begin to soften, and drain. Score the rind of the salt pork and put half the pork in the bottom of the bean pot with half of the onion. Add the beans, mix the molasses and other seasonings with a little hot water, and pour over the beans. Add enough hot water to cover. Place the rest of the salt pork and the remaining half of the onion on top, cover the pot, and cook the beans in a slow oven (about 250°F.) for 6 or 7 hours. Add a little hot water from time to time to replace that which cooks away and is absorbed by the beans. Keep the lid on the bean pot until the last hour of cooking, then uncover, and allow the beans and pork on the top to brown.





### Hopping John

1½ cups dried beans  
¾ cup rice  
Boiling water  
1½ cups diced salt pork

1 large onion, chopped  
2 teaspoons salt  
Tabasco  
Pepper

Wash the beans well and cook in a covered pan in 3 or more cups of water with 1 teaspoon of salt until tender, but not broken. Wash the rice and cook for about 20 minutes in 2 quarts of boiling water to which 1 teaspoon salt has been added. As soon as the grains of rice are soft to the center, drain, and run water through to wash off surplus starch and keep the grains whole and separate. Brown the diced salt pork until crisp, then remove it from the skillet and cook the onion in the fat for 2 or 3 minutes. Add the rice, beans, fried salt pork, and seasonings and stir until hot and well mixed. Serve with horse-radish or chili sauce.

### Beans in Tomato Sauce

2 cups dried beans  
Water  
1 cup diced salt pork

1 onion  
2 cups canned tomatoes  
½ teaspoon salt

Wash the beans, cover with water, and soak overnight. In the morning discard the water, cook them in 1 quart of salted water until tender but not broken, and drain. Brown the onion with the salt pork in a skillet, add the beans, tomatoes, and salt. Heat to the boiling point, then simmer until the tomato has thickened. Serve at once.

### Bean and Cheese Sandwiches

2 cups bean pulp  
1 cup grated cheese  
2 tablespoons minced onion

1 tablespoon lemon juice (or vinegar)  
Salt  
Pepper

Thoroughly mix the bean pulp with the cheese, then add the remainder of the ingredients. Spread this mixture between thin slices of Graham or whole-wheat bread.

### Bean Salad

2 cups cooked beans  
½ cup diced celery  
1 cup diced cheese

1 cup carrot cubes  
1½ teaspoons finely minced onion  
½ cup French dressing

Mix the ingredients with the salad dressing. Chill thoroughly and serve on crisp lettuce leaves. Beans will not become mushy if boiled until tender and then washed in cold water to set them.

### Chili con Carne

½ pound salt pork  
3 cups cooked beans  
½ cup chopped onion

¾ pound ground lean beef  
1 quart canned tomatoes  
1½ tablespoons chili powder

Cut the salt pork into 1/8 inch cubes and brown in a skillet. Add these cubes to the beans. Brown the chopped onion in the salt pork fat. Add the ground beef and cook slowly for 5 minutes. Combine with the beans and other ingredients. Simmer until the meat is tender and the flavors are well blended, stirring occasionally.





HOME PLANTS

HOME PLANTS

RELEASE FOR PUBLICATION  
DECEMBER 11, 1931 (FRIDAY)

by

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## FAMILY FOOD GUIDE

Every meal --	Milk for children, bread for all.
Every day --	Two to four times a week --
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish or poultry
A fruit or additional vegetable	and cheese
Milk for all	

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## CHRISTMAS SWEETS WITHIN THE BUDGET

Christmas sweets are important enough in the Christmas celebration--especially for the family that has no margin for luxuries--to call for a little change in the weekly food supply at this time, says the Bureau of Home Economics. From now until Christmas, it is suggested to the family following the bureau's low-cost market suggestions/<sup>to</sup> cut down on bread and cereals if necessary, to provide the "makings" for homemade candy, without which Christmas does not seem to be just right.

This has been done in this week's market order by decreasing the usual allowance of bread and cereal somewhat and increasing the sugar. Other "makings" are the popcorn, nuts, and fruits included in the list this week, to give a more





festive air to Christmas time. Some of them may be used as decorations for a tree if there is one, and at the same time they will furnish flavor and calories, so essential in the diet.

If some of the cereal is purchased in the form of popcorn, much pleasure can be provided for the younger members of the family if they may assist in popping, in making strings for decoration and the popcorn balls which are so popular. Kernels of popcorn floating in the soup add food value and increase interest in the soup.

Just one thing, the bureau adds, by way of caution. Sweets should be eaten at the end of a meal. Otherwise, they dull the appetite for other foods which we can not do without.

The cheapest materials for home-made candy are white sugar, brown sugar, molasses, corn sirup, peanuts, cocoanut, popcorn, raisins, prunes, and other dried fruits, fresh apples, and orange or grapefruit peel. The variety of interesting sweets that can be made from this list includes peanut brittle, stuffed prunes, popcorn balls, molasses taffy, toffee, apple candy, and any number of candies of different flavor made from fondant. The cheapest of all candy is plain fondant, made of nothing but sugar and water with a pinch of cream of tartar, or a little vinegar, and the flavoring.

Within the limits of this week's market list, the following recipes will be feasible. Other recipes for home-made candies are given in Aunt Sammy's Radio Recipes Revised, or will be furnished upon request to the Bureau of Home Economics of the United States Department of Agriculture, Washington, D. C.

WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE  
including two adults and three children.

Bread .....	9 - 12 lbs.
Flour .....	1 - 2 "
Cereal, including popcorn .....	3 - 5 "
Whole fresh milk .....	23 - 28 qts.
or	tall
Canned evaporated milk.....	23 - 28/cans





Potatoes .....	15 - 20 lbs.
Dried beans, peas, peanuts, cocoanut.....	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits.....	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits.....	15 - 18 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc. ....	2½ "
Sugar and molasses.....	6 "
Lean meat, fish, cheese, and eggs.....	5 - 7 "
Eggs (for children).....	8 eggs
* * * * *	

## RECIPES

### Fondant

2 cups granulated sugar	1/8 teaspoon salt
3/4 cup boiling water	1/2 teaspoon vanilla
1/8 teaspoon cream of tartar or 1 tablespoon of vinegar	

Put the sugar, water, cream of tartar or vinegar, and salt into a saucepan over a hot fire. Stir constantly until, but not after, the sugar has dissolved. Do not splash the sirup. Remove the spoon and do not use it again after the sirup boils. Remove the sugar crystals around the edge of the pan with a dampened brush or wet cloth. Let the sirup boil until it forms a soft ball when dropped into cold water. Add the vanilla without stirring. Pour the sirup in a thin sheet onto a chilled platter so it will cool quickly. Do not scrape out the saucepan. When the sirup is cool, work it until it creams with a flat wooden spoon. When it forms a soft creamy mass, work it with the palms of the hands in the same way as bread dough until it is smooth.

Place the fondant in an earthenware or glass dish, and cover with a damp cloth. After about 24 hours the fondant is ready to mold. Fondant made in this way will keep for months in a cold place if covered with a moist cloth or stored in a tightly covered jar.

### Nut Brittle

2 cups granulated sugar	1 teaspoon vanilla
1/4 teaspoon salt	2 cups nuts
1/4 teaspoon soda	

Heat the sugar gradually in a clean smooth skillet. Stir constantly with the bowl of the spoon until a golden sirup is formed. Remove from the fire and stir in quickly the salt, soda, and vanilla. Pour the sirup over a layer of nuts in a greased pan. When cold, crack into small pieces.

### Dried Fruit Balls (Parisian Sweets)

Almost any combination of dried fruits, with or without nuts, may be used. The following were found to go together particularly well: Apricots, pears, and nuts; figs, dates, and nuts; peaches, apples, and nuts; raisins without seeds, apricots, and figs.





Use equal quantities of any of the fruits selected. Wash and dry thoroughly, and run them, and nuts if desired, through the meat grinder, using the medium blade. Add a little salt, and moisten with enough sirup to make the mixture hold together and keep its shape when formed into balls. Roll the balls lightly in powdered sugar or dip them in coating chocolate.

#### Toffee

2 cups light brown sugar  
4 teaspoons vinegar

$\frac{1}{2}$  cup butter or margarin  
 $\frac{1}{2}$  cup seedless raisins

Heat sugar, butter or margarin, and vinegar over a very moderate fire, stir until the sugar dissolves, then boil without stirring until the sirup forms a hard ball when tried in cold water. Pour carefully around and over the raisins which have been arranged in rows in greased pans. When cold, cut in squares.

#### Pop-Corn Balls

2 quarts freshly popped corn  
2 cups nut kernels  
 $1\frac{1}{2}$  cups sugar  
1 cup water

2 tablespoons vinegar  
 $\frac{1}{2}$  teaspoon salt  
1 teaspoon vanilla

Boil the sugar, water, vinegar, and salt, until the sirup hardens when dipped into cold water. Add the vanilla, and pour while hot over the popcorn and nuts and mix well. When cool enough to handle, grease the hands and form into balls, or place pop corn in a deep layer in a greased pan and cut in cblong pieces. When cold wrap in waxed paper. If desired, 2 squares of unsweetened chocolate may be added to the sirup for variety.

#### Candied Apples

1 cup sugar  
1 cup honey  
 $\frac{1}{2}$  cup water

$\frac{1}{4}$  teaspoon salt  
3 tart, firm apples

Boil together the sugar, honey, water, and salt for a few minutes. Wash, core, and pare the apples, cut into half-moon shaped pieces about half an inch thick, drop into the sirup, and cook rapidly until the apples are transparent and practically all the sirup is absorbed. Place on waxed paper to dry.

#### Taffy

2 cups sugar  
1 cup brown sugar  
 $1\frac{1}{2}$  cups water

4 tablespoons melted butter or  
margarin  
4 tablespoons vinegar  
Pinch of soda

Put the sugar, molasses, water, and vinegar in a heavy saucepan. Stir until the sugar has dissolved and boil without stirring until it forms a hard ball when dropped in cold water. Remove from the fire, add the butter or margarin, and soda. Stir until mixed and pour into a greased shallow pan. When cold pull until the taffy is a light golden color. When finished, cut into small pieces and wrap in waxed paper. The candy will remain "chewey" if kept in a refrigerator.

#### Sugared Pop Corn

$1\frac{1}{2}$  cups sugar  
1 cup water

1 teaspoon salt  
2 quarts freshly popped corn

Cook the sugar, water, and salt until the sirup forms a soft ball when dropped in cold water. Remove from the fire, and beat with a spoon until it is creamy. Drop in the pop corn and stir quickly until each kernel is coated with sugar. Put on a platter and separate the grains of corn.







U. S. DEPARTMENT OF AGRICULTURE  
OFFICE OF INFORMATION  
PRESS SERVICE



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WASHINGTON, D. C.

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: NOTE TO EDITOR: The next issue :  
: of the Market Basket will be re- :  
: leased Wednesday, December 30. :  
: Subsequent issues on Wednesday in- :  
: stead of Friday of each week. :  
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THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture, and  
the Woman's Division of the President's Emergency Committee for Employment.

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FAMILY FOOD GUIDE

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:	:
:	Every day --
:	Two to four times a week --
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: Tomatoes (or oranges) for children	: Eggs (especially for children)
: A green or yellow vegetable	: Lean meat, fish or poultry
: A fruit or additional vegetable	: and cheese
: Milk for all	:
:	:

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CUTTING COSTS ON THE CHRISTMAS DINNER

If turkey is out of reach for this year's Christmas dinner, how about roast pig? Time was, in Merrie England in the days of Good Queen Bess, when a young roast pig, with a big red apple in its mouth and laurel leaves on its head, was the most festive thing on the festive Christmas board. Why not, then, now, give the old tradition an economical twist and serve a shoulder of pig? A shoulder roast, with apple stuffing? Or, if preferred, a roast with savory stuffing, served in a ring of apples baked to a juicy brown?

Activity	10-14 years (%)	15-19 years (%)	20-24 years (%)
Sleeping	13	13	13
Sedentary	15	15	15
Light	10	10	10
Moderate	15	15	15
Vigorous	45	45	45
Total	100	100	100

This has been done for a family of five in Washington at a cost of not more than 53 cents for the meat, says the Bureau of Home Economics, U. S. Department of Agriculture. In fact, the 53-cent shoulder made two meals. As vegetables for this Christmas dinner, the bureau suggests sweetpotatoes baked in their skins and five-minute cabbage; or hominy and boiled onions; or Irish potatoes (mashed) and collards, kale or spinach. Then a salad of jellied tomato juice on a lettuce leaf, or celery leaves, or parsley. For dessert, a suet pudding.

Here, then, in bright array, is the Christmas dinner table: For center piece, a branch of evergreen, set up as a little tree, or else a few sprays of pine, or cedar, laurel, or branch berries, in a bowl, or vase, or little basket; sprigs of the same green things here and there on the tablecloth, a red candle, or a white one, or a green one for that matter, on each side of the center piece. Five bright red salads with their green lettuce (the baby, being 2 years old, can eat the lettuce if it is chopped fine, and should eat the tomato jelly). A glass of milk at each place. The rich brown roast in front of father, the vegetables at Susie's side of the table because she is old enough to help with the serving, the gravy at father's right where Billy sits, ready to ladle it out when father has carved the roast. Toward mother's end, but on the opposite side from Baby John in the high chair, is a dish of the sweet pickles mother made of watermelon rind last summer, or some of her grape marmalade or pickled peaches. Mother, presiding at the milk pitcher, will also bring on the hot corn bread or the beautiful light brown biscuits everybody is waiting for. Mother and father may want coffee, instead of milk, and after dinner everybody will eat pop-corn balls, or some of the nuts and homemade candy squeezed out of last week's budget.

It is a good dinner because the roast is tender, well-flavored, and cooked to a turn; the stuffing well-seasoned; the apples with their acid sweet offsetting the richness of the pork. The gravy is rich and the vegetables are cooked just long enough to be tender, but still firm. The Christmas pudding is sweet and fruity as a Christmas dessert should be. But it is a good dinner also because it is a well-balanced meal, with minerals and vitamins, proteins, fats, starch and sugar-- all





the kinds of foods that are necessary to good health, in good proportion and sufficient quantity.

As to the cost, that is kept down by selecting foods which are both tasty and nutritious as well as cheap. Shoulder of pork at prices ranging at 12 to 17 cents a pound, bread for stuffing at 5 to 7 cents, apples at  $2\frac{1}{2}$  to 5 cents a pound. The vegetables all represent plentiful crops, selling at a low figure in all the markets. And all the materials for the suet pudding are inexpensive.

### RECIPES

#### Roast Stuffed Pork Shoulder

Have the butcher skin a trimmed, fresh, picnic shoulder of medium to large size and remove the bones. Wipe the meat with a damp cloth. Lay the boned shoulder, fat side down, and carefully cut a few gashes in the parts where the meat is thickest so that it will hold more stuffing. Sprinkle with salt and pepper. Pile in some of the hot stuffing, begin to sew the edges of the shoulder together to form a pocket, and gradually work in the rest of the stuffing, not packing it, but putting in lightly as much as the shoulder will hold. The recipe for stuffing given below makes the right quantity for a 3 to 4 pound shoulder; for a larger shoulder make the stuffing on the basis of 3 cups of bread crumbs and increase the other ingredients proportionately. Rub the outside of the stuffed shoulder with salt, pepper, and flour. Place the roast on a rack in an open pan without water. Sear the meat for 30 minutes, or until lightly browned in a hot oven ( $480^{\circ}\text{F.}$ ). Then reduce the oven temperature rapidly to very moderate heat ( $300^{\circ}$  to  $325^{\circ}\text{F.}$ ), and continue roasting at this temperature until the meat is tender. A 4-pound shoulder will require about three and one-half hours to cook when these oven temperatures are used.

#### Savory Stuffing

2 cups fine dry bread crumbs	1-8 teaspoon celery seed
$\frac{1}{4}$ cup chopped celery	$\frac{1}{4}$ teaspoon savory seasoning
2 tablespoons fat	$\frac{1}{2}$ teaspoon salt
1 tablespoon chopped onion	1-8 teaspoon pepper
1 tablespoon chopped parsley	

Melt the fat in a skillet, add the celery, onion, and parsley, and cook for a few minutes. Then add the bread crumbs and other seasonings and stir until well mixed and hot.

#### Apple Stuffing

$\frac{1}{4}$ cup diced salt pork	5 tart apples diced
$\frac{1}{2}$ cup chopped celery	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup chopped onion	1 cup fine dry bread crumbs
$\frac{1}{4}$ cup chopped parsley	$\frac{3}{4}$ teaspoon salt
	Pepper

Fry the salt pork until crisp, and remove the pieces from the skillet. Cook the celery, onion, and parsley in the fat for a few minutes and remove them. Put the apples into the skillet, sprinkle with the sugar, cover, and cook until tender, then remove the lid and continue to cook until the juice evaporates and the pieces





of apple are candied. Mix with the apples, the bread crumbs, crisp salt pork, cooked vegetables, salt and pepper. Use the stuffing while it is hot.

#### Five-Minute Cabbage

2 cups milk	3 tablespoons melted butter,
$1\frac{1}{2}$ quarts shredded cabbage	or other fat
1 cup top milk	Salt
3 tablespoons flour	Pepper

Heat the milk and cook the cabbage in it for 2 minutes. Add the cup of top milk, the blended flour and fat, and the seasonings, cook rapidly for 3 or 4 minutes, and stir constantly. The cabbage retains its crispness and is delicate in flavor and color.

#### Tomato Jelly Salad

3 tablespoons gelatin	2 or 3 slices onion
$\frac{1}{2}$ cup cold water	$1\frac{1}{2}$ teaspoons salt
1 quart canned tomatoes	1 teaspoon sugar

Soak the gelatin in the cold water for 5 minutes. Boil the tomatoes and onion for 5 minutes, strain through a fine sieve, pour the hot tomato juice over the softened gelatin, and stir until it is dissolved. Add the salt and sugar and chill. If the mixture is not tart enough, add a little lemon juice or vinegar. Pour into wet custard cups and place in a cold place until set, turn out on crisp lettuce leaves, and serve with or without salad dressing.

#### Suet Pudding

1 cup flour	$\frac{1}{4}$ cup sugar
1 teaspoon baking powder	1 cup chopped suet
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup milk
$1\frac{1}{2}$ teaspoons mixed spice	$\frac{1}{2}$ package seeded raisins

Sift the dry ingredients, then add the suet. Mix well, using the finger tips. Stir in the milk, and add the raisins. Put the mixture into a well-greased mold (a large baking-powder tin will do), filling it three-quarters full. Cover and steam for three hours. Serve hot with hard or vanilla sauce. Prepare the day before and steam when needed.

#### Hard Sauce

1-2 cup butter or margarin	Grated rind of two oranges
1 cup brown sugar	

Cream together the fat and sugar, and add the orange rind. The secret of creamy hard sauce lies in long beating. Chill before serving.

#### Vanilla Sauce

2 tablespoons cornstarch	2 cups water
$\frac{1}{2}$ cup sugar	1 teaspoon vanilla
$\frac{1}{2}$ teaspoon salt	1 tablespoon butter or margarin

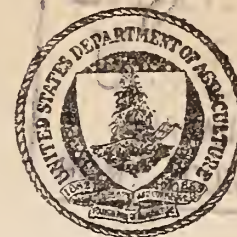
Mix the cornstarch, sugar, and salt thoroughly. Add the water, boil over direct heat, and stir constantly until thickened. Cover and continue the cooking over hot water for 15 to 20 minutes. Stir in the vanilla and butter(or margarin). Serve hot.







U. S. DEPARTMENT OF AGRICULTURE  
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WASHINGTON, D. C.

THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture, and  
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FAMILY FOOD GUIDE

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:	Potatoes
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:	Two to four times a week --
:	Tomatoes for all
:	Dried beans and peas or peanuts
:	Eggs (especially for children)
:	Lean meat, fish or poultry,
:	and cheese
:	:
:	:

\* \* \* \* \*

FEEDING THE CHILDREN WHEN FOOD IS SCARCE

If the family food supply is short, look after the needs of the children first. They suffer most if they do not get the right foods. This is the urgent advice of Uncle Sam's specialists in child welfare.

"But," says the troubled mother, "when both food and money are scarce, how shall I divide the little we have? What are the cheapest foods and the smallest quantity I can give to my children to keep them well?" That is what relief workers also want to know, and many letters come daily to Government offices asking for such advice. The question is so important to every community, and to the whole country in times like the present, that the Bureau of Home Economics of





the U. S. Department of Agriculture and the Children's Bureau of the U. S. Department of Labor have joined forces to work out an emergency guide for feeding children whose parents may be out of work or hard up from other causes.

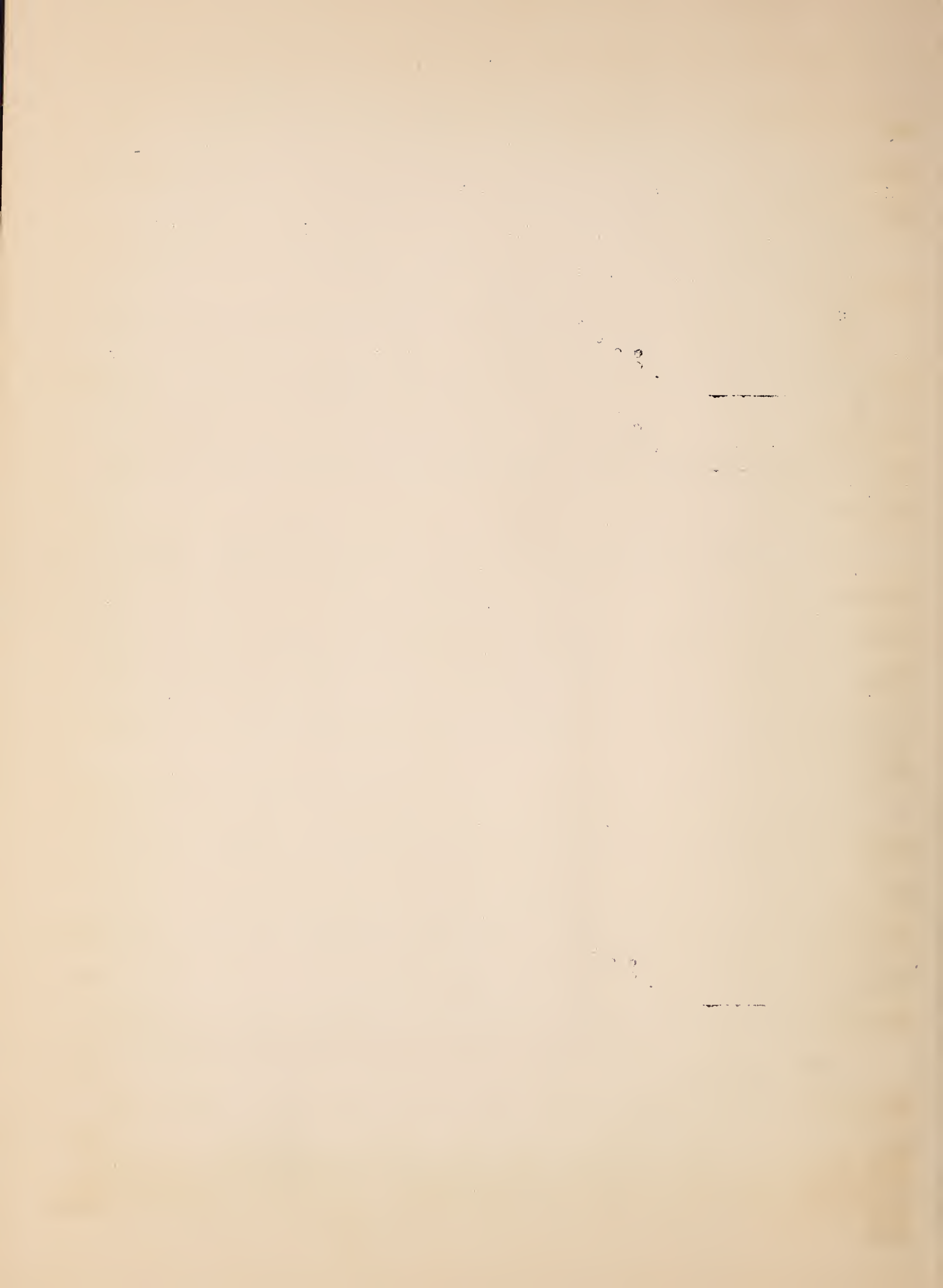
This emergency guide for feeding children appears in two publications, one for mothers and one for relief workers. It says:

"For every child, every day, at least one pint of milk (he should have  $1\frac{1}{2}$  to 2 pints), two teaspoonfuls of cod-liver oil if he is less than 2 years old (he should have 3 to 4 teaspoonfuls), one vegetable or fruit (he should have three or four), and also plenty of bread, cereals, and other energy and body-building foods."

The emergency food guide for mothers is printed as a dodger (salmon colored), entitled "How to spend your food money." The other publication, intended for relief workers, is entitled "Emergency food relief and child health." Either publication can be obtained by writing to the Children's Bureau of the U. S. Department of Labor or the Bureau of Home Economics of the U. S. Department of Agriculture.

The milk, the cod-liver oil, and the vegetables or fruits are "protective foods." They safeguard the child against such diseases as rickets, scurvy, or pellagra, which are known as deficiency diseases because they result from lack of certain essential foods. Milk -- whole milk (unskimmed), says the food guide-- which should be the foundation of every diet, is imperative in the diet of children throughout the whole period of growth and of pregnant and nursing mothers.

There is economy in using milk because it does more for the body than any other food and does it more cheaply. What if the family can not afford whole milk at 8 to 15 cents a quart? In that case, say the nutritionists of these Federal bureaus, buy evaporated milk (not sweetened condensed), which costs  $6\frac{1}{2}$  to 8  $\frac{1}{3}$  cents a tall can and is a good alternative. A tall can of evaporated milk, when diluted with an equal amount of water, is the equivalent of a quart of fresh milk.



Cod-liver oil, say the child specialists, is an indispensable food for children. It not only prevents rickets but also protects the child in other important respects. It is of the greatest importance that the oil should be of a good grade as shown by tests for vitamins A and D. If the children have 3 or 4 teaspoonfuls of cod-liver oil daily (which will cost 15 to 25 cents a week per child), they can get along with skim milk, either fresh or dry.

Regarding vegetables, the nutritionists say that when only one is served daily it is desirable to use as often as possible those which are eaten raw or which need only a few minutes for cooking. Cabbage and tomatoes (raw or canned) are inexpensive foods which can be eaten this way, and each should be used at least twice a week. It is important that at least part of the cabbage be eaten raw (chopped fine for the younger children) and that the canned tomatoes be heated for a few minutes only. Spinach and other greens, onions, and carrots (chopped or ground) also may be eaten raw. For the baby, the most important vegetable food is tomato juice. Children should eat liberal quantities of potatoes, but not to the exclusion of other vegetables.

Bread and cereals (including corn meal, hominy, oatmeal, flour, rice, macaroni) legumes (dried peas, beans, peanuts) are necessary energy foods and contain also body building material. Of the sugars, cane, molasses, and sorgho sirups (sorghum) are better than sugar because they contain minerals not found in refined sugars or sugar sirups.

Fats, such as butter, margarine, lard, salt pork, and vegetable oil, are also important energy foods.

Eggs are very valuable food for children and should appear in their diet whenever possible. Lean meat, liver, and fish have pellagra-preventing value and in this respect are like milk.

Two menus are suggested this week as examples of good cheap meals for a

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family including children. One dinner menu includes liver, which is especially good for children, because it helps to build good red blood. Beef, pork, or lamb livers, which are comparatively cheap, are practically as nutritious as the more expensive calves' liver. Kidneys, too, are good blood builders. Liver has a delicate flavor if properly prepared, according to the food-preparation specialists of the Bureau of Home Economics.

The raw cabbage and raw carrots suggested in this week's menus can be given to the younger children if grated or chopped fine, with a little butter, margarine, or other fat, and made into sandwiches.

Menus Suggested for Market Basket  
Based on "Emergency Food Relief and Child Health"

<u>Breakfast</u>	<u>Dinner</u>	<u>Supper</u>
Cooked Cereal	Liver and Onions	Milk Vegetable Soup
Toast	Mashed Potatoes	Toast or Grated Raw
Coffee - Milk	Bread and Butter	Carrot Sandwich
	Apple	Rice Pudding with Raisins
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Cooked Cereal	Meat and Vegetable Stew	Spaghetti and Tomatoes
Toast	Bread and Butter	Raw Cabbage or Cabbage Salad
Coffee - Milk	Stewed Dried Apricots	Raisin Cup Cakes
	* * * * *	

RECIPES

Liver with Onions

1 1/2 pounds liver cut in  
slices 1/4 inch thick  
Salt

Pepper  
Butter, margarine, or other fat  
4 cups thinly sliced onions

Wipe the slices of liver with a damp cloth. Place on a lightly greased griddle or skillet, and cook slowly from 8 to 10 minutes over a low fire, turning frequently. When done, the liver will have lost its red color and be lightly browned. Sprinkle with salt and pepper and serve with or without onions. To prepare the onions, melt about 1 tablespoon of fat in a frying pan. Add the onions, sprinkle with salt and pepper, cover, and cook slowly until the onions are tender. Stir frequently. Serve over the liver.



### Milk Vegetable Soup

2 tablespoons finely chopped turnip	2 tablespoons melted butter or other fat
2 tablespoons finely chopped carrots	1 tablespoon flour
2 tablespoons finely chopped onion	1 quart milk
	1 1/2 teaspoons salt

Cook the finely chopped vegetables in the fat for 10 minutes, add the flour, and stir until all are well blended. In the meantime heat the milk in a double boiler, add a little of it to the vegetable mixture, stir well, combine with the rest of the milk, add the salt, and cook for 10 minutes. The flavor is improved if the soup stands for a short time to blend before serving. Reheat and serve.

### Raw Carrot Sandwiches

Butter, margarine, or other fat	Salt
Grated carrot	Thin slices of bread

Soften the butter, margarine, or other fat and use just enough to bind the grated carrot. Season with salt and spread between thin slices of bread.

### Raisin Cup Cakes

1/4 cup butter or other fat	1 1/2 cups soft wheat flour
1/2 cup sugar	1/2 cup raisins
1 egg	2 teaspoons baking powder
1/2 cup milk	1/8 teaspoon salt
	1/2 teaspoon vanilla

Cream the fat and sugar and add the well-beaten egg. Roll the raisins in 2 tablespoons of the flour. Sift the other dry ingredients and add alternately with the milk to the first mixture. Stir in the raisins and vanilla. Bake in greased muffin tins for 15 to 20 minutes at a temperature of about 375° F. Serve while still warm.

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